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HOUSEKEEPERS' CHAT

Monday, March 13, 1933.

(FOR BROADCAST USE ONLY)

Subject: "Cheese - An Economy Food." Information from the Bureau of Home Economics, U.S.D.A.

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While we're considering economy foods, let's not forget cheese. Cheese is one of the oldest prepared foods -- really an historical food. The ancients learned that cheese was an excellent form in which to preserve the nourishing qualities of milk. So, ever since very early times cheese has been a favorite food in almost every country of flocks and herds. Cows' milk, goats' milk and sheeps' milk have all been used in cheese making. And in China where milk is scarce they even make cheese from soy beans.

Cheese deserves a place on your list of food bargains. Of course, many varieties are on the market, among them some expensive foreign brands. But our good American Cheddar cheese -- also called just Cheddar cheese or just American cheese -- is one of the best food bargains on the market. Its price today is the lowest in thirty years. It belongs in the class of main-dish foods along with meat, fish and eggs because it is rich in protein and fat. It is also high in calcium and phosphorus and is a good source of vitamin A. The flavor of cheese is another reason for its popularity. It not only makes excellent main dishes, but it also adds flavor and food value to many other parts of the meal from soup to salad, from vegetables and bread to dessert.

The flavor of American cheese ranges all the way from the mildest of the Wisconsin varieties to the sharp cheese which is more typical of New York manufacture. Wisconsin produces about two-thirds of all the Cheddar cheese manufactured in the United States, and New York more than any of the other States.

Because of its appetizing tangy flavor, cheese combines well with bland, mild flavored foods, especially starchy foods like bread, macaroni, rice, spaghetti, noodles, hominy or potatoes. You can make any number of different low-cost and delicious dishes just by combining one of these starchy cereal foods with cheese. Among the more flavorsome foods that combine well with cheese are tomatoes and onions.

Let's consider some of the best low-cost cheese dishes. Among the soups, there's onion soup with cheese toast -- almost a whole meal in itself. Then there's cheese soup -- a cream soup flavored with cheese, a little onion juice and some chopped parsley. For the main course, there's a baked cheese dish, made with a pound of cheese, a pint and a half of milk and three or more cups of bread crumbs. That's a very cheap main dish for the family dinner. Then there's tomato rabbit, Welsh rabbit, cheese with tomatoes and rice, cheese souffle, cheese and eggs, cheese with macaroni and tomatoes, cheese scalloped with cabbage and spaghetti,

cheese with potatoes, with hominy or hominy grits, and cheese and rice croquettes. Cheese crackers made just by grating cheese on crackers and toasting them under a flame are good with soup and with salad. So are delicate cheese straws. Cheese sandwiches have always been popular. Hot toasted sandwiches browned in fat sometimes called "cheese dreams," are excellent for Sunday night supper. Grated cheese is served in soup, on salad, on baked dishes, and even on pie. Grated sharp cheese gives variety to salad dressings.

Whenever the subject of cheese comes up, someone is sure to say, "But isn't cheese a very indigestible food?"

No. It's not indigestible at all, if you cook and eat it properly. Its bad reputation comes from the fact that so often we eat cheese at the end of a hearty meal -- a big piece with our pie, perhaps just after we've already filled up on other rich foods. Now cheese is concentrated. Generally it deserves the place of honor as the nourishing food at the meal. No use treating it as an extra that carries no weight in itself.

Then, the way you cook cheese has a good deal to do with its digestibility. You can easily over cook it. It needs low heat and little cooking. Long cooking or too high a temperature will make it lumpy, stringy or tough. The Recipe Lady offers a few helpful hints on cooking cheese. She says, first, grate or flake or shave the cheese, or cut it into small pieces. Cheese prepared this way and stirred with the other ingredients of the dish will melt more quickly and require less cooking than if left in a lump. If the cheese dish cooks a very short time at a very moderate temperature, then the cheese has no chance to form the leathery mass so slow to digest.

Our economy menu today has cheese mash and bacon for the main dish. Cheese mash and crisp bacon; Creamed cabbage; Apple, celery and peanut salad; and for dessert, Sweet cinnamon buns and coffee.

Here's the good recipe for cheese mash. You'll need six ingredients:

2 cups of corn meal,	3 teaspoons of salt,
2 cups of cold water,	1/4 to 1/2 pound sharp cheese, flaked, and
2 1/2 to 3 cups of boiling water,	4 tablespoons of fat for frying.

Once more. (REPEAT)

Stir the cold water into the corn meal. Add the boiling water and salt and cook in a double boiler for about 1 hour. Add the cheese and stir until it melts, then pour into a dampened loaf bread pan, and let stand in a cold place until firm. Cut in slices about 1/2 inch thick, brown slowly on both sides in fat, and serve at once.

Tomorrow: "Using Clothing Left-Overs."
